

Whitney Edwards

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Diet & Nutrition Pd: 5

How is WMST promoting health and wellness?

My school Washington Math Science and Technology promotes a health and wellness environment by giving us free healthy lunch. Also the school doesn't have a vending machine full of snacks anymore. The school has various physical activities for the students to join. This year we have basketball, cheerleading softball, and even baseball. The school also has mental health classes such as alternative to violence. In the alternative to violence class we learned positive ways to channel our anger and emotions. We also have a diet and nutrition classes were we learn about healthy diets.

We learn what foods are good for our body and mind.